

Weekly Digest

November 15-21, 2021

Information & opportunities for Boston's older adults

Important Reminder

2021 Medicare Annual Enrollment Period

Dates and deadlines you need to know

 OCT Annual Enrollment Period BEGINS	 DEC Annual Enrollment Period ENDS	 JAN First date coverage can START
This is the first day you can enroll for 2022 coverage.	This is the last day you can enroll for 2022 coverage.	Even if you enroll in December 2021, your new Medicare plan won't go into effect until Jan. 1, 2022.

Call Boston's Age Strong Commission to make an appointment with an advocate to see if you have the best plan at the least cost.

Free Fares on Route 28 Bus

The Route 28 bus pilot program has been extended until December 31! More info at boston.gov/28bus.



...Route 28 bus riders can board buses at all doors without paying a fare!

CITY of BOSTON

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Stay Connected to Age Strong:

City Hall, Room 271

1 City Hall Square

Boston, MA 02201

617-635-4366

agestrong@boston.gov

boston.gov/agestrong



@AgeStrongBos

AGE+



City of Boston
Age Strong
Commission



MONDAY, NOVEMBER 15

9:30am

Age Strong Commission Virtual Chair Yoga

Click [here](#) to attend via Zoom.

11am

Age Strong Commission Virtual Zumba

Click [here](#) to attend via Zoom.

2pm

BPL Virtual: Caring for Patients the Integrative Medicine Way with Peter Wayne, PhD & Julia Loewenthal

Click [here](#) to register & for more information.

TUESDAY, NOVEMBER 16

11am

BPL: Onward: Votes for Women A documentary play celebrating Women's Suffrage

Click [here](#) for free tickets & for more information.

11am-6pm (through 11/23)

Copley Square Farmers Market
139 St. James Avenue, Copley Square
Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Latin Dance

Click [here](#) to attend via Zoom.

7pm

BPL: Onward: Votes for Women A documentary play celebrating Women's Suffrage

Click [here](#) for free tickets & for more information.

WEDNESDAY, NOVEMBER 17

10:30am

BPL: Book Discussion Group There, There by Tommy George

Boston Public Library, West Roxbury Branch, 1961 Centre Street, West Roxbury
Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Yoga
Click [here](#) to attend via Zoom.

1pm-3pm

Recipe Box Gathering
Boston Public Library, Roxbury Branch
149 Dudley Street, Roxbury
Click [here](#) to register & for more information.

12pm-3pm

Free Immigration Consultations The Mayor's Office of Immigrant Advancement
Click [here](#) for more information.

2:30pm

BPL Virtual: LivingRoom Conversations VII: Increasing Harmony & Prosperity

Click [here](#) to register & for more information.

3pm

BPL Virtual: Shelf Service Live Personalized Reading

Recommendations from BPL Librarians

Click [here](#) to register & for more information.

6pm

BPL Virtual: Genealogy: Newspapers & Print

Click [here](#) to register & for more information.

6:30pm

BPL Food & Book Club: Anthony Bourdain's Hungry Ghosts

Click [here](#) to register & for more information.

THURSDAY, NOVEMBER 18

10:30am

BPL Virtual: Food Access in a SNAP!

Learn more about eligibility and requirements.

Click [here](#) to register & for more information.

10:30am

BPL Virtual: Community Read Book Group

Krik, Krak? By Edwidge Danticat

Click [here](#) to register & for more information.



11am-4pm (through 11/18)

Dewey Square Farmers Market

700 Atlantic Avenue, South Boston

Click [here](#) for more information.

2pm

BPL Virtual: Chair Yoga for Older Adults with YogaHub

Click [here](#) for more information.

6pm

BPL Virtual: David J. Silverman: This Land Is Their Land: The Wampanoag Indians, Plymouth Colony, and the Troubled History of Thanksgiving

Click [here](#) to register & for more information.

6:30pm

BPL Virtual: Book Discussion: Save Me The Plums: My Gourmet Memoir

Click [here](#) to register & for more information.



6:30pm

Free Virtual Concert: Celebrity Series of Boston Débo Ray and Quartet

Click [here](#) to register & for more information.

FRIDAY, NOVEMBER 19

10am-12pm

10am-12pm

BPL: Virtual: Virtual Drop-in Office Hours: Legal Services Center

Click [here](#) to register & for more information.

11am-6pm

Copley Square Farmers Market

139 St. James Avenue, Copley Square
Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Meditation

Click [here](#) to join via Zoom.

4pm

BPL: Virtual: Friday Unwind Gentle Yoga with Hands to Heart Center

Click [here](#) for more information.

SATURDAY, NOVEMBER 20

9am-1:30pm (through November)

Roslindale Farmers Market

Adams Park

4225 Washington Street, Roslindale

Click [here](#) for more information.

9am-12noon (through November)

Fields Corner Farmers Market

500 Geneva Avenue, Dorchester

Click [here](#) for more information.



FIGHT THE FLU IN BOSTON

Everyone six months and older should get the flu vaccine.

If you do not have health insurance, call the Mayor's Health Line at (617) 534-5050 or toll-free at (800) 847-0710. BPHC will be offering vouchers for free flu vaccines to uninsured or underinsured adults. If you have questions about the flu call the Infectious Disease Bureau at (617) 534-5611.

We are here to help! All calls are free and confidential.

CITY of BOSTON



BECOME AN AGE STRONG RSVP VOLUNTEER!

Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

To sign up, contact

Age Strong at 617-635-4366 or
email agestrong@boston.gov.



COVID-19 → Am I eligible for a booster shot?

Who?

If you received a Pfizer or Moderna series:

- > 65 years and older
- > Age 18+ who live in long-term care settings
- > Age 18+ who have underlying medical conditions
- > Age 18+ who work or live in high-risk settings

If you received a J&J vaccine:

- > Age 18+

When?

- > At least 6 months after Pfizer or Moderna
- > At least 2 months after J&J

Which booster shot do I get?

- > You may have a preference, but you can get any booster shot.



FIND OUT MORE AT [CDC.GOV](https://www.cdc.gov) & [VACCINES.GOV](https://www.vaccines.gov)

For booster questions, see [mass.gov/info-details/covid-19-booster-frequently-asked-questions](https://www.mass.gov/info-details/covid-19-booster-frequently-asked-questions) or call your physician.

To access booster shots call you physician, local pharmacy or go to: [boston.gov/covid-19](https://www.boston.gov/covid-19).

If you need help registering for a booster shot or with transportation, call Age Strong at 617-635-4366.



**Need help paying
for heat
this winter?
You're not alone.**

**Find out if YOU qualify for
fuel assistance discounts!**

Call Age Strong at 617-635-4366 for an appointment with an advocate.



**ROSLINDALE
BRANCH LIBRARY**
Ribbon-Cutting
Ceremony

**SAVE THE DATE:
SATURDAY MORNING,
DECEMBER 4**

Roslindale Branch of the
Boston Public Library
4246 Washington St., Roslindale, MA 02131

Masks are required inside the building





Are you in need of a companion?

The Age Strong Commission's AmeriCorps Senior Companion Volunteers are trained & ready to help. Senior Companions serve as a friend/companion one-on-one in an older adult & home. They provide assistance & friendship to older adults who have difficulty with daily living tasks. To learn more about our Senior Companion program click [here](#).



Age Strong Shuttle

Did you know Boston's older adults qualify for free rides on the Age Strong Shuttle?

We offer free wheelchair-accessible transportation to non-emergency doctor appointments. Call 617-635-3000 for more information.



Become a part of the Age Strong team!

Interested in working for Age Strong? We are hiring! Work with a great team advocating for Boston's older adults.

Check out our new career opportunities page to learn more [here](#).